

Issue Brief

Top Health Needs in Iowa

Community Health Needs Assessments and the Health Improvement Plan (CHNA & HIP) bring together **public and private partners** to assess the health needs of the community and to inform **data-driven strategies**. They are conducted at least every five years, with the most recent data being released in 2016.

TOP 10 CHNA & HIP ISSUES IDENTIFIED

- 1. Obesity, Nutrition and Physical Activity.** Roughly 30.9 percent of Iowans are obese, which is above the national average of 28.9 percent (CDC).
- 2. Mental Health, Illness and Suicide.** In 2014, 18.7 percent of Iowans were told by a health professional that they had some form of depression (BRFSS¹).
- 3. Mental Health Access.** 89 counties in Iowa are considered mental health professional shortage areas (HPSA²).
- 4. Alcohol and Binge Drinking.** Alcohol is the most often reported substance use recorded at hospital admissions and follow-up.
- 5. Tobacco/Nicotine Use.** Tobacco use is the leading preventable cause of death for Iowans, taking the lives of more than 4,400 adults each year (BRFSS).
- 6. Transportation.** A lack of efficient alternatives to automobile travel disproportionately affect vulnerable populations (NIH).
- 7. Cancer.** It is estimated by the State Health Registry of Iowa that in 2016, 6,400 Iowans will die from cancer.
- 8. Access to Oral/Dental Health.** 68 counties in Iowa are considered dental health professional shortage areas (HPSA).
- 9. Diabetes.** Approximately 9.5 percent of adult Iowans have been told by a doctor that they have diabetes, while many may be undiagnosed (BRFSS).
- 10. Substance Abuse:** 121 substance abuse assessment and treatment programs in Iowa provide services to over 50,000 Iowans every year.

Questions?

Contact Deborah Thompson, IDPH Policy Advisory and Legislative Liaison at:
Deborah.thompson@idph.iowa.gov or 515-240-0530

¹Behavioral Risk Factor Surveillance System

²Health Professional Shortage Areas—Designated by the federal Health Resources and Services Administration